

LemonBaked Fish50

Number of Servings: 50 (131.61 g per serving)

Amount	Measure	Ingredient
13.00	lb	Fish, pollock, Atlantic, fillet, raw
3 1/4	tsp	Seasoning, lemon pepper
6 1/4	ea	Lemon, w/peel, w/o seeds, fresh

Nutrients per serving

Nutrition Facts	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 125mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 15%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Fish of choice may be used depending upon availability, price and likes of customers.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Arrange 4 oz fish fillets on sprayed baking sheets and sprinkle with lemon pepper.

Bake at 375 degrees F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at the thickest part and internal temperature is at least 155 degrees for 15 seconds. Serve at 160 degrees F or hotter.

Serve each fish fillet with a fresh lemon slice or lemon wedge. Cut each lemon in 8 slices or wedges.

1 serving = 1 fillet and 1 lemon slice or wedge = 0 CS